

## Radio, Television, & Print PSAs

### **Radio:**

[Get Real - Radio PSA](#) - Radio PSA encouraging people to prevent type 2 diabetes. "You can prevent type 2 diabetes. And you don't have to knock yourself out. It's about small steps."

[Paso a Paso - Radio PSAs](#) - Fight the development of type 2 diabetes in your community with these radio spots about the first steps to preventing diabetes, especially for a Hispanic/Latino audience.

[Two Reasons I Find Time to Prevent Diabetes: My Future and Theirs - Radio PSA](#) - How can Asian Americans best prevent type 2 diabetes? Let those at risk in your community know with a 30- or 60-second radio spot about NDEP's *Small Steps. Big Rewards* campaign.

[We Have the Power to Prevent Diabetes - Radio PSA](#) - Reach your local community with a 30- or 60-second pre-recorded radio spot about how American Indians and Alaska Natives have the power to prevent type 2 diabetes.

[It's Not Too Late to Prevent Diabetes - Radio PSA](#) - These radio spots explain how older adults in your community can prevent the onset of type 2 diabetes with a few small steps.

[More than 50 Ways to Prevent Diabetes - Radio PSAs](#) - Radio announcement to promote NDEP's 50 Ways to Prevent Diabetes fact sheet.

### **Television:**

[Get Real - TV PSA](#) - Transcript: "You don't have to knock yourself out to prevent diabetes. Get Real! If you're over 45 and overweight, you can prevent diabetes. Lose 5 to 7 percent of your body weight. Get 30 minutes of physical activity 5 days a week, and eat healthy. Take the first step. Talk to your health care provider. Prevent diabetes."

### **Print:**

[Diabetes Snapshot - Print PSA](#) - Print ad about the facts about diabetes: America's sixth leading cause of death.

[Get Real - Print PSAs](#) - Print ads for NDEP's Get Real! diabetes prevention campaign

[It's Not Too Late to Prevent Diabetes - Print PSAs](#) - Print ads encouraging people to take small steps, such as 30 minutes of physical activity a day and eating healthy, to delay or prevent type 2 diabetes.

[More than 50 Ways to Prevent Diabetes - Print PSA](#) - A print ad for NDEP's 50 Ways to Prevent Diabetes publication.

**[We Have the Power to Prevent Diabetes - Print PSA](#)** - Print ad targeted at American Indians/Alaska Natives that they have the power to prevent type 2 diabetes.

**[Move It! and Reduce Your Risk for Type 2 Diabetes - Print PSA](#)** - This announcement promotes the Move It! school kit. The kit encourages physical activity among American Indian/Alaska Native youth in schools and provides advice for school officials.

**[Paso a Paso - Print PSAs](#)** - Print ad to encourage Hispanic/Latino people to prevent diabetes.

**[Two Reasons I Find Time to Prevent Diabetes Print PSA](#)** - A print ad encouraging people at risk to prevent diabetes. Targeted to the Asian/Pacific Islander populations. Translated in 15 languages.

**[One Call, One Click - Print PSA](#)** - Print ads for NDEP's One Call, One Click awareness campaign. "Diabetes Information- One call. 1-888-693-NDEP. One click. [www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org). Your Source for Free Diabetes Information." Also available in Spanish.